

OCTOBER | NOVEMBER | DECEMBER 2023

The Messenger

LYNNWOOD SENIOR CENTER



Holiday Workshops p7

Showshoe Season Begins p9 & p12

Dia de los Muertos Trip p13

LSC Information

The Lynnwood Senior Center engages older adults in health, wellness, social and recreational opportunities.

19000 44th Ave W | Lynnwood, WA 98036 | (425) 670-5050 | PlayLynnwood.com | Monday–Friday 8:30am–3:00pm



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LSC Foundation

Board Officers

Sydney Hoard: Chair

Terry Strausser: Treasurer

Tim Rodke: Secretary

Jennifer Dennis: Board Member

David Quarders: Board Member

The Foundation is seeking Board members. Please stop in or call LSC for an application.



Registration Information

Pre-registration is required for all Lynnwood Senior Center programs. Payment is made at time of registration. Registrations are non-transferable.

M = Member Fee | **NM** = Non-Member Fee



Trip Registration is by Lottery!

Registration for trips is by lottery at LSC on designated sign-up dates. Numbers may be picked up at the front desk between 9:00am and 9:30am, with registration starting at 9:30am. Numbers are allotted individually. You may register for yourself and one absent person. If you wish to travel with a companion that is present, one number will be given for both of you.

Persons arriving after 9:30am will be taken in list order. Telephone registration with credit card begins when the lottery ends.

Activity, trip itinerary and times may change due to weather, traffic or other unforeseen events.

In Memoriam

John Burbank
Ray Murphy

John Abate
John Dewing
Vivian Soreng



Cancellation Policies

Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.

* All trips include a \$6 non-refundable deposit.

* Trips including pre-purchased items are non-refundable.

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Scholarship Program

We want you to have a chance to experience and participate in classes, activities and trips that interest you. The City of Lynnwood offers a scholarship program at the Senior Center. Please do not let cost keep you from enjoying activities. All applications are confidential. For Lynnwood residents 62+ or persons with disability. *Please see Mary-Anne Grafton or call 425-670-5051.*

Nondiscrimination Policy

The Lynnwood Senior Center does not discriminate on the basis of race, color, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical disability.

On request, people with disabilities will be provided with reasonable accommodations.

Inclement Weather Policy

Delays: In the event Edmonds School District announces a delayed start time due to inclement weather, all LSC a.m. programs are canceled. All programs beginning after 12 noon will run as permissible, please call to confirm.

Cancellations: If Edmonds School District cancels for the day, all programs are canceled.

Updates: In the case of delay or cancellation, LSC's voicemail will be updated with current information.

LSC Membership \$35/12 months | **LSC Associate Membership Age 61 & Under** \$35/12 months



Platinum Hikers Sally, George, Lori, Simone – not pictured lyla.

Mary-Anne's Message

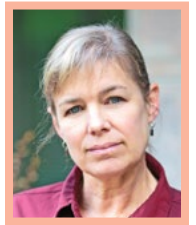
Here we are again, celebrating LSC's volunteers — lucky us! Volunteer Appreciation month is traditionally held in April, and that's when the City sponsors an official event. Six months in between, in October, is our chance to have our own recognition just for our volunteers. LSC is a little different from the rest of the City. We seriously rely on volunteers for our daily programs and functions. We are a better community for everyone because

of people contributing and giving back.

This is a good time to take a moment to say "thank you" to the people who make our coffee and serve our snacks, answer phones and answer questions, teach or facilitate a class or activity, make deliveries or donations, clean up, work at events, and take on many more tasks. LSC is a center that operates on the efforts of many. There are plenty of ways to let people know you appreciate them.

Please see Christina's message on the back cover for some of the new ways LSC is thinking about volunteering. If you would like to ask questions about this or regularly scheduled opportunities, please check-in with Christina.

Yours,
Mary-Anne



LSC Foundation Board Members Needed

The LSC Foundation is an independent non-profit organization. They work to raise funds, with 100% of profits going to Lynnwood Senior Center. The Foundation is separate from the Center, which is operated by the City of Lynnwood through the Parks & Rec Department. The Foundation and Center work together through a partnership agreement.

The Foundation is looking for three people to grow their Board. Duties include annual and special Board meetings, deciding on fundraising events, and working at those events — typically one per quarter. If you are interested in becoming an LSC Foundation Board member, please call or stop by the Center for an application. Interviews will be in February.

Fitness



What to Know About Fitness Classes

LSC Fitness classes are in-person with some online hybrid options. Masks are no longer required, but optional. Please wear a mask if you prefer.

Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. EF is evidence-based and proven to prevent falls. Instructors are trained and certified. Eligible members of Kaiser WA may participate in Enhance classes for free. Please fill-out an application at LSC prior to attending class.

Enhance Fitness ★

Engage in a moderate workout focused on cardio, flexibility, balance, and strength. This is an intermediate level class, designed for both seated and standing positions. This class is in person, with a hybrid remote option available.

51345	M, W, F Oct 2-30 11:10am-12:10pm \$52/\$78 NM
51343	M, W, F Nov 1-29* 11:10am-12:10pm \$44/\$66 NM
51344	M, W, F Dec 1-22 11:10am-12:10pm \$40/\$60 NM

Instructor: Debby Grant & Valeriano Frank Mateo
Location: Lynnwood Recreation Center, Fitness Studio
*No class Nov. 10, 24

Lite Enhance Fitness ★

This is a gently-paced cardiovascular workout focused on flexibility, balance, and strength. Exercise may be in seated or standing positions. This class is in person, with a hybrid remote option available.

51385	Tue, Thu Oct 3-31 10-11am \$36/\$54 NM
51386	Tue, Thu Nov 2-30* 10-11am \$32/\$48 NM
51387	Tue, Thu Dec 5-21 10-11am \$24/\$36 NM

Instructor: Valeriano Frank Mateo
Location: LSC 1 & 2
*No class Nov. 23

Flow Yoga 62+ ★

Your day will start on a peaceful note with a gentle, safe and fun Flow Yoga practice. Improve your strength, flexibility, balance, and mobility through practicing standing and seated yoga poses. A chair may be used for support as needed. This class is designed to meet the needs of older adults of all experience levels. Adults of all ages are welcome. This class is in person, with a hybrid remote option available.

51396	Tue, Thu Oct 3-31 9-9:50am \$54/\$72 NM
51397	Tue, Thu Nov 2-30* 9-9:50am \$48/\$64 NM
51395	Tue, Thu Dec 5-21 9-9:50am \$36/\$48 NM

Instructor: Marie-Lou Andresen
Location: LSC 1 & 2
*No class Nov. 23

★ Hybrid fitness classes meeting in-person have an online option via Zoom. Need help with Zoom? Give us a call.



Tai Chi for Sound Health

Tai Chi is a traditional Chinese form of martial arts that is practiced primarily for its health benefits. Scientific studies show that practicing tai chi benefits chronic conditions such as arthritis, heart disease, and diabetes, to name a few. The practice also improves balance, prevents falls, reduces stress, and boosts immunity. Most importantly, tai chi is an enjoyable form of exercise that people of any age can learn and practice. This series explores Qigong and other styles. New and continuing learners are welcome.

51389	Mon, Wed Oct 2-30 11-11:50am \$48/\$64 NM
51391	Mon, Wed Nov 1-29 11-11:50am \$54/\$72 NM
51390	Mon, Wed Dec 4-20 11-11:50am \$36/\$48 NM

Instructor: Marie-Lou Andresen
Location: Lynnwood Recreation Center, Room 102



Tai Chi Chuan

The soft and hard Yang style will be taught with a focus on learning key concepts of the form as a self-defense. You will learn to Increase your confidence and personal fulfillment by developing strength through breathing. Movement will be discussed in physiological terms with the goal of engaging the heart and mind to employ harmony, balance, and spirituality. Suitable for all fitness levels.

51394	Tue, Thu Oct 3-31 11:45am-12:35pm \$54/\$72 NM
51392	Tue, Thu Nov 2-30* 11:45am-12:35pm \$48/\$64 NM
51393	Tue, Thu Dec 5-21 11:45am-12:35pm \$36/\$48 NM

Instructor: Valeriano Frank Mateo
Location: Lynnwood Recreation Center, Room 102
*No class Nov. 23

Intermediate Tap Dance

Dust off your tap shoes and join this fun group of dancers. New people are welcome — there's lots of support to get you up to speed. Thursday is instruction; Tuesday is practice and rehearsal.

51270	Tue, Thu Oct 3-31 1-2pm \$24/\$32 NM
51271	Tue, Thu Nov 2-30* 1-2pm \$24/\$32 NM
51272	Tue, Thu Dec 5-14 1-2pm \$12/\$16 NM

Instructor: Melissa Olson
Location: Lynnwood Recreation Center, Room 102
*No class Nov. 23

Line Dance

Line dance is all about moving and having fun. In this easy, upbeat class, you'll move to a wide variety of music including Rock & Roll, Hip Hop, Salsa, Cha Cha, Country Western, and more. Exercise never felt like such fun! This class is for people of all experience and ability levels.

51269	Tue, Thu Oct 3-31 11:10am-12pm \$54/\$72 NM
51267	Tue, Thu Nov 2-30* 11:10am-12pm \$48/\$64 NM
51268	Tue, Thu Dec 5-21 11:10am-12pm \$36/\$48 NM

Instructor: Marie-Lou Andresen
Location: LSC 1 & 2
*No class Nov. 23

Zumba Gold

You've heard people rave about Zumba-a Latin Movement-based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62+, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don't miss out on this fun way to fitness!

51399	Tue, Thu Oct 3-31 9-10am \$54/\$72 NM
51398	Tue, Thu Nov 2-30* 9-10am \$48/\$64 NM
51400	Tue, Thu Dec 5-21 9-10am \$36/\$48 NM

Instructor: Joan Harrison
Location: Lynnwood Recreation Center, Fitness Studio
*No class Nov. 23

Classes & Activities



Coffee Chat

Join us for conversation and coffee. Snacks and beverages are free, with donations accepted.

Mon-Fri 9am-1pm Free

Daily registration required onsite.

Chat en Espanol

¿Hablas español primero? Únase a nosotros para conocer y chatear con otros hablantes nativos de español. Además de una comunidad en crecimiento, discutiremos términos básicos en inglés para una mayor independencia en las actividades cotidianas. Esta clase está destinada a hispanohablantes que desean aprender inglés.

Is Spanish your language? Join us to meet and chat with other native Spanish speakers. In addition to growing community, we'll discuss basic English terms for increased independence in everyday activities. This class is intended for Spanish speakers wanting to learn English.

52524 Mon Oct 2-30 11:30am-12:30pm Free

52526 Mon Nov 6-27 11:30am-12:30pm Free

52525 Mon Dec 4-18 11:30am-12:30pm Free

Instructor: Teresa Olmos Montano



Chinese Chat Group

請加入我們，
用普通話進行隨意的討論。

Please join us for a casual discussion in Mandarin and other dialects.

52670 Wed, Fri Oct 4-27 10-11:30am Free

52689 Wed, Fri Nov 1-29 10-11:30am Free

52649 Wed, Fri Dec 1-22 10-11:30am Free

Facilitator: Poon (Kyun-Yui) Poon

NEW American Sign Language – ASL

In this beginning ASL group you will learn communication basics including letters of the alphabet, common expressions and vocabulary words taught in a casual and fun environment. Check with the front desk for start date.

52765 TBD 10:45-11:45am Free / \$10 NM

Instructor: Alison Sattler

Coloring Club

Coloring has been shown to improve focus, reduce anxiety, and relieve stress. Whether you're looking to get back into a form of art or just a nice way to relax and spend time with friends, Coloring Club is your new opportunity. Coloring books and pages for adults and pencils, pens, and markers provided.

52529 Tue Oct 3-31 11am-12:30pm Free / \$10 NM

52527 Tue Nov 7-28 11am-12:30pm Free / \$10 NM

52528 Tue Dec 5-19 11am-12:30pm Free / \$10 NM

Facilitator: Jackie Green

Quilting Group

Quilters unite! Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. All levels of experience are welcome. Bring your project and your ideas.

52551 Fri Oct 6-27 10-11:30am Free / \$10 NM

52549 Fri Nov 3-17 10-11:30am Free / \$10 NM

52550 Fri Dec 1-22 10-11:30am Free / \$10 NM

Facilitator: Myrtle Guild

Service Knitting & Crochet

Do you have some time on your hands? Are you looking for something to do that will make a difference? Join us in making blankets, hats, and scarves for local newborns and homeless children. All levels of experience are welcome. Some needles and yarn provided.

52543 Mon Oct 2-30 9:30-11am Free

52544 Mon Nov 6-27 9:30-11am Free

52542 Mon Dec 4-18 9:30-11am Free

Facilitator: Josephine O'Shaughnessy

NEW Introduction to Mindful Self-Compassion Workshops

Choose to attend one of two introductory Mindful Self-Compassion workshops offered this quarter. Certified Mindfulness Instructor Catherine Duffy will highlight ways to increase productivity, promote emotional well-being, decrease stress, and build community through meditation, self-compassion, and group discussion.

53748 Mon Oct 16 9:30-11am Free

53749 Mon Nov 27 9:30-11am Free

Instructor: Catherine Duffy

Classes & Activities + Games



Drawing and Painting Techniques for All Artists

You'll learn the fundamentals of drawing and painting using a variety of pencils, graphite and watercolors. A few simple exercises will help you build confidence in your ability to plan and draw a picture. New and returning students welcome.

52885 Thu Oct 5-26
12:30-2:30pm \$24 / \$32 NM

52886 Thu Nov 2-30
12:30-2:30pm \$24 / \$32 NM

52887 Thu Dec 7-21
12:30-2:30pm \$18 / \$24 NM

Instructor: Donella M Robbins

Flower Arranging

Every week you'll take home self-designed flower arrangement. You'll also learn how to work with unexpected materials — Lynnwood Trader Joe's provides the flowers, so each week is a surprise. Bring a tool to cut flower stems and a vase to take home your arrangement.

52888 Wed Oct 4-25
9:30-10:30am \$16 / \$24 NM

52889 Wed Nov 1-29
9:30-10:30am \$20 / \$30 NM

52890 Wed Dec 6-20
9:30-10:30am \$12 / \$18 NM

Facilitator: Patty Stensvig

Queen Bees

Embrace aging and join the fun with this group of outgoing women who meet monthly for social outings and connection.

52548 Wed Oct 4
11:30am-12:30pm Free / \$10 NM

52547 Wed Nov 1
11:30am-12:30pm Free / \$10 NM

52546 Wed Dec 6
11:30am-12:30pm Free / \$10 NM

Facilitator: Ellie Norsworthy-Tingley

Workshops



Let's Get Crafty Card Class

Assemble three seasonal greetings cards useful for all occasions. Card supplies included, bring scissors and favorite adhesive if you wish. Pre-registration required.

52545 Fri Nov 3 12:30-2pm \$8 / \$14 NM

Instructor: Joann Cooney

DIY Crafts:

Fused Glass Ornament

We're taking our DIY class on the road to a local glass and pottery studio to create a one-of-a-kind glass ornament or small bauble. Instruction in glass nipping and cutting included in our private hosted party. Finished pieces will remain onsite for firing and will be available for pickup within 7-10 days at LSC. Pre-registration required. Participants will meet prior to the trip at the Overflow parking lot.

52798 Thu Nov 16 8:45-11:30am \$30 / \$40 NM

Instructor: Glazed & Amazed

Gnome & Snowman Party

Back by popular demand! Enjoy an afternoon with friends while building your adorable winter-themed gnome or snowman with socks and stuffing. Supplies, light refreshments, and fun included.

52799 Fri Dec 8 12:30-2pm \$10 / \$16 NM

Instructor: Shelley

Ongoing Games



Bingo

Mon 12-2:30pm Free / \$10 NM

Facilitator: Claudette Martinez

NEW

Canasta

Mon 10am-12:30pm Free / \$10 NM

Facilitator: Sharon Jacobson

Cribbage

Thu 10-11:30am Free / \$10 NM

Facilitator: Barbara Buckler

Mexican Train (Dominoes)

Wed 12-1:30pm Free / \$10 NM

Facilitator: Dora Cantu

Party Bridge

Thu 11:30am-2:30pm Free / \$10 NM

Facilitator: Open

GAMES ARE FREE FOR MEMBERS

\$10.00 per month for non-members

Services & Discussion Groups

Services

What to Know

As part of Washington State ending the mask mandate, they continue to be required for health-related visits. Please wear a mask for Foot Care.

Blood Pressure Checks

Look for our Blood Pressure volunteers weekly in the LSC lobby for a drop-in blood pressure check!

Tuesdays 12–1pm Free

Wednesdays 11am–12pm Free

Providers: Remy Obillo & Chin Zimonyi

Foot Care Appointments

This service includes a foot soak, nail trim, and a foot massage from a licensed esthetician. Call LSC to schedule your thirty-minute appointment.

Mondays 9am–1pm \$30/\$35 NM

Provider: Ann Nguyen

SHIBA Appointments

Statewide Health Insurance Benefits Advisors can help you with your questions about Medicare. Bring your Medicare card with you. Additional appointments are available during Open Enrollment.

52564 Thu Oct 19 12–3pm Free

52756 Thu Nov 2 12–3pm Free

52566 Thu Nov 16 12–3pm Free

52757 Thu Nov 30 12–3pm Free

52565 Thu Dec 21 12–3pm Free

Provider: Laura Ballard

Tech Support

If you have questions or need to find out more about your computer, tablet or smart phone, call LSC to schedule your individual thirty-minute appointment or check-in at the front desk for drop-ins to ask our tech support volunteers your questions. Please prepare your questions and bring your computer, tablet or smart phone that you need help with to your appointment.

Wednesdays 11am–12pm Free

Thursdays 12:30pm–2:30pm Free

Instructors: Ben Benson & Cathy Webb

Discussion Groups



Comparative Religion

Comparative Religion is the historically informed consideration of commonalities and differences among religions throughout history. Many of the major religions and their doctrines will be examined including Christianity, Judaism, Islam, and Buddhism with a focus on understanding and respect in a moderated group format.

52766 Mon Oct 2-30 1–2:30pm Free/\$10 NM

Facilitator: Abdulrab Tarshi

Book Discussion Group

We read modern fiction and an occasional classic. Sometimes we add on a book series to make sure we all stay interested and engaged. You may check out the regular book selections through the front desk at the Lynnwood Library — ask for the Lynnwood Senior Center book group. Then join us on the fourth Tuesday for discussion.

October Selection:

The Soul of an Octopus
by Sy Montgomery

52758 Tue Oct 24 1:30–2:30pm Free/\$10 NM

November Selection:

The Sparrow
by Maria Doria Russell

52759 Tue Nov 28 1:30–2:30pm Free/\$10 NM

December Selection:

Evicted
by Matthew Desmond

52760 Tue Dec 19 1:30–2:30pm Free/\$10 NM

Facilitator: Doug Madison



Chatterboxes

This social club is talking about life and enjoying each other's company. Keep your hands busy with your own project or just enjoy the conversation.

52571 Fri Oct 6-27 12:30–2:30pm Free/\$10 NM

52570 Fri Nov 3-17 12:30–2:30pm Free/\$10 NM

52569 Fri Dec 1-22 12:30–2:30pm Free/\$10 NM

Facilitator: Ginger Kemp

Movie Watch Party

Movie fans meet weekly to watch a film, popcorn included. Fourth Wednesdays is designated for film discussion.

October: Remember the Titans (2000); Practical Magic (1998); Pirates of the Caribbean: Curse of the Black Pearl (2003)

52761 Wed Oct 4-25 12:30–2:45pm Free/\$10 NM

November: Hidden Figures (2016); Gravity (2013); Contact (1997)

52762 Wed Nov 1-22 12:30–2:45pm Free/\$10 NM

December: Cold Mountain (2003); The Holiday (2006); Miracle on 34th Street (1947)

52763 Wed Dec 6-20 12:30–2:45pm Free/\$10 NM

Facilitator: Virginia Miscione

Our Choices and Understandings

This discussion group explores personal matters and current events geared towards greater understanding.

52574 Tue Oct 3-31 12:30–2pm Free/\$10 NM

52572 Tue Nov 7-28 12:30–2pm Free/\$10 NM

52573 Tue Dec 5-19 12:30–2pm Free/\$10 NM

Facilitator: Rick Mottau

Events

----- Preregistration is required for all events. -----



Volunteer Appreciation Event

Thank you to our incredible and generous volunteers! All 2022-23 volunteers are invited to join us for lunch at the Lynnwood Olive Garden. Pre-registration required.

52786 Fri Oct 13 11:30am-1:30pm Free

Third Tuesday Social

Join in the LSC community for a casual mixer to host a new member meet and greet, where we can chat, mingle, and welcome new community members. This is a good place to find out more about LSC if you haven't yet joined. There'll be coffee, snacks, and people on hand to answer questions about our center, community, and programs.

52787 Tue Oct 17 12-1pm Free

52790 Tue Nov 21 12-1pm Free

52789 Tue Dec 19 12-1pm Free

Meet the Mayor Root Beer Float Social

Come in to visit with Lynnwood's Mayor Christine Frizzell for an hour of conversation and root beer floats. Learn about the latest goings-on in Lynnwood and Snohomish County.

52794 Wed Nov 15 2-2:45pm Free

Birthday Celebration Luncheon

This party is for everyone! Come join us for lunch, birthday cake, and celebrations. LSC members with your birthday in October, November, or December, you get to register for free.

52771 Fri Nov 17 12-2:30pm \$5/\$10 NM

Thanksgiving Potluck

Since 2007 when people were overheard saying they didn't have family or a place to go for Thanksgiving, we've held our own holiday with our own senior center family.

Don't spend the day alone. Join us on Thanksgiving for a shared meal with friends. The turkey, stuffing and mashed potatoes will be waiting. All you do is bring a side dish or a dessert to share. Be sure to register and let us know what you'd like to bring.

52541 Thu Nov 23 11:15am-2pm Free

Winter Party

Days are shorter now than any other time of the year. Let's make the most of it! Come celebrate the Winter season with feasting and friends! We'll hide away from the cold for a meal and live music.

52796 Fri Dec 15 12-2:45pm \$5/\$10 NM

Presentations

Library and Libations

LSC invites neighbors and friends from Lynnwood Library to discuss the ever-evolving resources and services they provide. The library regularly hosts events and presentations for the public, so come check it out. Special warm beverages will be served.

52785 Tue Oct 10 1-2pm Free

Fall Mushroom Class

This class is an overview of Pacific Northwest mushroom species; the edible, the medicinal, the poisonous, and the pretty. LSC's own foraging expert Shayla Gearin will discuss habitat preference, seasonal growth patterns, ethical harvesting, and all the fun of fungi.

52791 Tue Oct 24 1-2pm Free

Outdoor Recreation Lunch and Presentation

This get together has lunch, conversation, and a brief presentation on LSC's upcoming outdoor recreation season. It's a great way to connect with other outdoor enthusiasts, learn about upcoming programming, and have input on future outdoor activities, so be sure to come.

52792 Fri Oct 27 12-2:30pm Free/\$5 NM

Winter Foraging and Wilderness Medicine

In this class, LSC's resident foraging expert Shayla Gearin will focus on local plants available for harvest in winter. She'll review traditional medicinal properties of native species. You'll find out how to process plants, make basic medicines, storage guidelines, and best practices.


52795 Tue Dec 12 1-2pm Free

Snowshoe Season Informational and Social

This is the best way to learn about LSC's upcoming outdoor recreation plans for snow trips. Whether you are new to snowshoeing or looking to continue your adventures, this is the opportunity to familiarize yourself with the snowshoe program, necessary equipment, and the LSC winter outdoor community.

52797 Tue Dec 19 1-2:30pm Free

Outdoor Recreation

 **HIKING BOOTS ONLY**
 **ATHLETIC SHOES OKAY**

Proper equipment and attire are required to participate. Please make sure to ask any questions before trip day as your gear will be checked before boarding the bus.

Hike Difficulty Key

- ♥ **Easy;**
flat trail paved or unpaved
- ♥♥ **Moderately easy;**
slight elevation gain with some hills
- ♥♥♥ **Moderate;** some difficult terrain & elevation gain; you must be steady on your feet
- ♥♥♥♥ **Moderately difficult;** steeper elevation gain with switch backs or steps; rocks, roots & challenging footing
- ♥♥♥♥♥ **Difficult;** challenging distance, elevation gain and terrain
**Hiking poles strongly suggested*

Hiking Essentials

- ✓ hat
- ✓ hiking poles
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ plenty of water and sack lunch
- ✓ a pad to sit on
- ✓ tissue
- ✓ plastic bag for wet items and garbage
- ✓ cell phone and whistle
- ✓ personal medication
- ✓ blister preventive and care kit
- ✓ waterproof hiking boots encouraged

Walking Group

Join LSC for a community walk taking place on Thursdays. Walks through the local neighborhoods and parks last 45 minutes to an hour.

Walks have minimal elevation gain and happen rain or shine. Please meet at the Lynnwood Senior Center lobby by 10:50am to check-in and meet with group. Bring water and weather-appropriate clothing. Come early or stay later for coffee, tea, and chatting inside LSC.

53731

Thursdays 11am-12pm Free

Urban Hikes

What to Know About Urban Hikes

Would you like to hike all year but don't want to commit to long periods of time out in the weather? Urban Hikes are shorter in duration and distance so that people can enjoy the outdoors year-round, in all seasons. Trip times include bus transportation and some indoor activity, according to the destination and plan.

Spencer Island, Everett



Spencer Island is located in the Snohomish River Estuary and part of an active environmental restoration project. A refuge for both fresh and saltwater inhabitants, it's a popular gathering place for a wide variety of waterfowl, shorebirds and wildlife. Bring your camera, binoculars, and a sack lunch to spend the day exploring.

- 3 mile round-trip
- Minimal elevation gain

52829 Wed Nov 8 10am-2:30pm \$16/\$22 NM

Fremont Stroll



We'll start our trek at Seattle's famed Gas Works Park and head out to visit the Fremont Troll. After a stop at the troll, we'll head into the core of downtown Fremont known as the 'Center of the Universe' where we'll see some other cool local attractions, including the Lenin Statue and Fremont Rocket. There will be an opportunity to grab lunch on your own while in town.

- 3.5 mile round-trip
- 100 feet elevation

52896 Mon Nov 13 10am-2pm \$16/\$22 NM

Green Lake Trail, Seattle



Green Lake is a 50,000 year-old glacial body of water in the heart of Seattle. For generations, has served as a preserve for hundreds of species of trees, plants, and birds. The path around its circumference is paved and relatively flat, which makes it popular with walkers, bikers, roller-skaters, and dog walkers year-round. We'll head around the lake and then stop for lunch nearby. Bring weather-appropriate clothing and money for lunch.

- 3 mile round-trip
- Mostly level trail

52900 Wed Dec 20 10am-2pm \$16/\$22 NM



Outdoor Recreation

Hikes



Hurricane Ridge, Olympic Peninsula



We'll venture back to Hurricane Ridge for the first time since the lodge was lost in last summer's fire.

Spend the day walking and hiking along the splendors of Hurricane Ridge. In one amazing spot, enjoy viewing the magnificent Olympic Mountain Range on one side and the Strait of Juan de Fuca and Vancouver Island on the other. Have your camera ready for the friendly deer, birds and a few furry critters you may encounter. Bring your National Park Pass, Golden Age Pass or \$10 for park entrance. Bring a sack lunch and something to drink or money for their café. Trip fee includes transportation and ferry fare. Distance may vary due to route and conditions.

- 2-3 mile round-trip
- 600 feet elevation gain

52826 Oct 9 9am-8pm \$40/\$46 NM



Denny Creek and Franklin Falls, I-90



A seasonal favorite, this hike is great for mycology enthusiasts and wilderness explorers.

We'll start out by making our way to beautiful Franklin Falls. Then we'll turn back and do another trail to Denny Creek, where we'll eat our lunches. There are technical portions on the trail that require steady feet.

- 4.5 mile round-trip
- 500 feet elevation gain

52827 Wed Oct 25 9am-4:45pm \$28/\$34 NM

Tommy Thompson Trail, Anacortes



This trail connects the Port of Anacortes with March Point along an abandoned railroad trestle and has great views of Mount Baker and Fidalgo Bay. It is common to see blue heron and sea lions along the shore and various other marine life, depending on the tide. Pack binoculars to get the most out of the view and a lunch to eat along the trail.

52897 Mon Nov 27
9am-4:30pm \$29/\$35 NM

Nisqually National Wildlife Refuge, DuPont



One of our favorite hikes to repeat because it's a great spot to be during the bird migration. At the mouth of the Nisqually River is a diverse and rich estuary teeming with birds of all kinds, so make sure you bring your binoculars. Before the hike, enjoy their visitor center which includes interpretive exhibits of the refuge and a gift shop. Please bring a lunch, and your Golden Age Pass if you have one.

- 3 mile round-trip
- Minimal elevation gain

52898 Wed Dec 6 9am-3:45pm \$28/\$34 NM

Pilchuck Tree Farm, Arlington



The Pilchuck Tree Farm is on private land owned by the Pacific Denkmann Company and managed by the Pilchuck Recreational Association. It's made up of multiple trails consisting of lush meadows and planted forest trees. The meadow has great views of the valley below and the Puget Sound and surrounding islands. Pack a lunch and bring some money for stops along the way.

- 5 mile round-trip
- 500 feet elevation

52899 Mon Dec 11 9am-4:30pm \$28/\$34 NM

All trip registrations include a
\$6 non-refundable deposit.

All trips are fragrance-free.

Outdoor Recreation

Snowshoe Trips



Snowshoe Essentials

- ✓ hat & gloves
- ✓ whistle
- ✓ ski or hiking poles with baskets for snowshoeing
- ✓ fanny or day pack
- ✓ gaiter
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ hand warmers
- ✓ blister prevention and care kit
- ✓ plenty of water and a hot beverage
- ✓ sack lunch
- ✓ a pad to sit on
- ✓ money for bakery stops
- ✓ tissue and/or hand wipes
- ✓ plastic bags for garbage and wet boots
- ✓ cell phone
- ✓ allergy and other personal medications
- ✓ snowshoe: waterproof hiking boots or snow boots

Hyak Sno-Park, I-90 ♥ - ♥ ♥

This Sno-Park is great for those who are new to snowshoeing. Snowshoers go along the edge of the cross-country ski tracks with an optional side trail down to an overlook of Keechelus Lake. Bring a lunch and snacks. No lodge available at this location.

- 1-3 mile round-trip
- Minimal elevation gain

53744 Wed Jan 10 9am-4:30pm \$32/\$38 NM

Big Four Meadow, Mt Loop Hwy ♥ ♥ - ♥ ♥ ♥ ♥

Highlights include stomping along in your snowshoes on the Mt. Loop Hwy for two-plus miles until you reach the Big Four Picnic historical area. If the Mt Loop Hwy is open, we'll snowshoe at Big Four meadow instead. There is a picnic shelter where you can enjoy your lunch. No lodge available at this location. Distance depends on road closure.

- 2-5 miles round-trip
- 250 feet elevation gain

53745 Wed Jan 24 9am-5pm \$28/\$34 NM





October Trips

Sign-up ongoing. Ask about current registration availability.

- Oct 6-7** Fort Nisqually by Candlelight – Tacoma Overnight **
- Oct 11** Lake Wilderness Arboretum
- Oct 20** Cascade Rose Alpacas Farm *
- Oct 26** Ignite Seattle *

Dia de los Muertos at TAM*



Tacoma Art Museum's annual Dia de los Muertos Festival brings together community organizations, schools, families, and individuals to create altars, celebrate, and share. Known in English as Day of the Dead, this life-affirming celebration of the eternal cycle of life has been observed for centuries. Celebrated in Mexican and Latin American communities on November 1 and 2, Dia de los Muertos combines ancient and colonial traditions, folk customs, and spiritual beliefs as a symbolic way to honor relatives and friends who have died.

52811 Sun Nov 5 10am–5pm \$32/\$38 NM

Sign-up date: Oct 13

Holiday Arts & Craft Fairs



Join us for this fun tradition of spending the day shopping at local craft bazaars. This year's trip will include stops at traditional, non-traditional, and fine art fairs. Cost of lunch and other purchases are on your own.

52812 Sat Nov 11 9am–4pm \$20/\$26 NM

Sign-up date: Oct 13



Trip Registration is by Lottery!

Trips are registered by Lottery. How does Lottery registration work? Numbered chips are handed out in random order in person at LSC between 9am and 9:30am on sign-up day. We begin drawing chips at 9:30am. All numbers will be called. You may register yourself and one other person not holding a chip for all trips available that day. If the trip(s) you want is full we will place you on the waitlist at no cost. Phone-in registration begins when in-person registration ends. Remaining spots will be filled first come, first serve.

* Please take a moment to look at the Cancellation Policies on page 1.

** Non-refundable trips are marked with asterisks *

*** Some destinations may require a mask. Please carry one with you.

Trips



Nordic Museum & Swanson's Nursery

☺☺

Explore Nordic history and culture over the last twelve thousand years with the special *Arctic Highways* exhibit of contemporary art and handicraft by Indigenous artists from Sápmi, Canada, and Alaska. After the museum we'll spend some time at Swanson's nursery for a little early holiday shopping.

52814 Tue Nov 14 12-6pm \$24/\$30 NM

Sign-up date: Oct 13

Random Acts of Kindness

☺☺

Let's travel with a purpose to share kindness! Several stops will be made to lift spirits and spread joy.

52817 Tue Nov 21 10am-3pm \$5/\$11 NM

Sign-up date: Oct 13

* All trips include a \$6 non-refundable deposit.

Snowflakes in Bellevue

☺☺☺

An early dinner in downtown will warm us up before finding the perfect spot to stand on the sidewalk to experience Snowflake Lane. This festive 20-minute nightly outdoor parade of holiday floats is filled with falling snow, dazzling lights, festive music, toy drummers, and dancers along the streets of Bellevue.

52813 Tue Nov 28 3-8:30pm \$20/\$26 NM

Sign-up date: Oct 13

Seattle Opera – Holiday Chorus Concert*

☺☺

Enjoy a program of seasonal tunes, hidden gems from the opera and choral repertoire, and a sing-along in the newly renovated Seattle Opera Center. We'll head down early for dinner on your own before the show.

52815 Wed Dec 6 4:30-10pm \$72/\$78 NM

Sign-up date: Nov 3

* Indicates a non-refundable trip



Winterfest Wine Walk*

☺☺ – ☺☺☺

Spend an evening tasting a variety of local Washington wines while strolling from shop to shop in charming downtown Snohomish. Your pre-paid admission includes ten 1 oz. tasting tickets and wine tumbler. Dining and snack options available on your own throughout the evening.

52816 Sat Dec 9 3:45-9pm \$55/\$61 NM

Sign-up date: Nov 3

Wild Lanterns*

☺☺☺

Take a walk on the wild side at Woodland Park Zoo for their largescale outdoor animal and landscape lantern exhibit representing wild places from around the globe. "Festive treats" are available for purchase from outdoor vendors as you stroll around the trails. For your planning, there won't be an additional meal stop on this trip.

52821 Tue Dec 12 5:45-9pm \$42/\$48 NM

Sign-up date: Nov 3



The Mid-Winter Revels*



The Puget Sound Revels present the annual celebration of the winter solstice at the Rialto theatre in Tacoma, this year featuring the lively singing, dancing, and storytelling of Medieval Europe. For millennia, the tracking of the dwindling of life and light bound communities together producing countless cultural traditions marking the solstice as the turning point toward renewal and regeneration.

52820 Wed Dec 20 12-6pm \$44/\$50 NM

Sign-up date: Nov 3

Seattle Central Library Tour



On this tour you'll see an innovative "Books Spiral," a 275-seat auditorium, murals, and open spaces where patrons can meet, study, search the web or read. After the tour you'll understand why the Seattle Central Public Library wins architectural awards and attracts worldwide attention.

52819 Wed Jan 10 10am-2pm \$24/\$30 NM

Sign-up date: Dec 8

Life in the Arctic – National Geographic Live*



Embark on a journey to the Arctic north with National Geographic indigenous explorer Kiliii Yüyan to understand the native peoples and their relationship to a frigid land and its animals through beautiful images and awe-inspiring moments presented at Benaroya Hall.

52822 Mon Jan 23 4:30-9:30pm \$65/\$71 NM

Sign-up date: Dec 8

Ride the Link: Feeling Bookish



Seattle is home to many treasured book nooks. Our light rail adventure will include a 1/4 mile walk from the Capitol Hill station to Elliott Bay Book Company to browse, eat, read, and explore this lively, independent bookseller that celebrated 50 years in 2023.

52818 Wed Jan 31 10am-2pm \$15/\$21 NM

Sign-up date: Dec 8

Difficulty Key

- ☺ **Minimal** walking
- ☺☺ **Minimal to Moderate** walking and/or some stairs
- ☺☺☺ **Moderate** walking and/or at least one flight of stairs
- ☺☺☺☺ **Moderately difficult;** lots of walking and/or many stairs or other challenges

All trips are **fragrance-free**.

City of Lynnwood
19100 44th Avenue West
Lynnwood, WA 98036

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Christina's Message

Drop-In Volunteering is available for anyone who wants to help with side projects and tasks around the LSC! This new volunteer program recently started in the late Spring and it offers a lot of flexibility for your schedule. Come by to volunteer for even just 15 minutes of your time to help with cleaning, getting creative with some arts and crafts, or assist with other various projects we need your assistance on. Our list of tasks is posted on our bulletin boards along with a calendar of available drop-in volunteering days. Tasks may change depending on what's needed and the requirement for drop-in volunteering is just having an account on our online registration system. Call or visit the LSC front desk to learn more and get started!



Christina Chung,
LSC Customer
Service & Volunteer
Coordinator

Thank You,
Christina Chung



The Lynnwood Senior Center will be closed the following:
Veteran's Day Nov 10 | Thanksgiving Holiday Nov 23-24
LSC Holiday Closure Dec 25-29 | New Year's Day Jan 1